



Sabbath: The Ancient Practices

Dan B. Allender PLLC

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What would you do for twenty-four hours if the only criteria were to pursue your deepest joy?

Dan Allender's lyrical book about the Sabbath expels the myriad myths about this "day of rest," starting with the one that paints the Sabbath as a day of forced quiet, spiritual exercises, and religious devotion and attendance. This, he says, is at odds with the ancient tradition of Sabbath as a day of delight for both body and soul. Instead, the only way we can make use of the Sabbath is to see God's original intent for the day with new eyes. In *Sabbath*, Allender builds a case for delight by looking at this day as a festival that celebrates God's re-creative, redemptive love using four components:

- Sensual glory and beauty
- Ritual
- Communal feasting
- Playfulness

Now you can experience the delight of the Sabbath as you never have before—a day in which you receive and extend reconciliation, peace, abundance, and joy.

The Ancient Practices

There is a hunger in every human heart for connection, primitive and raw, to God. To satisfy it, many are beginning to explore traditional spiritual disciplines used for centuries . . . everything from fixed-hour prayer to fasting to sincere observance of the Sabbath. Compelling and readable, the Ancient Practices series is for every spiritual sojourner, for every Christian seeker who wants more.

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